

## CLAIMS

1. A composition for suppressing craving for smoking, characterized in that the composition comprises theanine.

5

2. The composition according to claim 1, for preventing, alleviating or eliminating withdrawal symptoms caused by prohibition or moderation of smoking.

10

3. The composition according to claim 1 or 2, which is previously administered to an individual when withdrawal symptoms are presumed to be caused by prohibition or moderation of smoking.

15

4. The composition according to claim 1 or 2, which is administered to an individual during occurrence of withdrawal symptoms caused by prohibition or moderation of smoking.

20

5. The composition according to any one of claims 1 to 4, wherein the composition is suitable for absorption via oral mucosa.

25

6. The composition according to claim 5, wherein the composition is in a dosage form sustainable in the mouth for at least 3 minutes when orally taken.

25

7. The composition according to any one of claims 1 to 6, which is a food composition.

8. A method for prohibiting or moderating smoking, comprising administering to an individual a composition comprising theanine.
- 5 9. The method according to claim 8, for preventing, alleviating or eliminating withdrawal symptoms caused by prohibition or moderation of smoking.
- 10 10. The method according to claim 8, comprising previously administering the composition to an individual when withdrawal symptoms are presumed to be caused by prohibition or moderation of smoking.
- 15 11. The method according to claim 8, comprising administering the composition to an individual during occurrence of withdrawal symptoms caused by prohibition or moderation of smoking.
- 20 12. The method according to claim 8, wherein the composition is a preparation suitable for absorption via oral mucosa.
13. The method according to claim 12, wherein the composition is in a dosage form sustainable in the mouth for at least 3 minutes when orally taken.
- 25 14. The method according to claim 8, wherein the composition is a food composition.

15. Use of theanine for preparing a medicament for preventing, alleviating or eliminating withdrawal symptoms caused by prohibition or moderation of smoking.